



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

December Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am							
6:00am							
6:30am	Adult Swim *6	Adult Swim *6	Adult Swim *6	Adult Swim *6	Adult Swim *6		
7:00am						Adult Swim *6	
7:30am							
8:00am	AM Workout *2		AM Workout *2		AM Workout *2		
8:30am							
9:00am	Open Swim *2	Tabata Tuesday *1	Open Swim *2	Open Swim *2	Open Swim *2		
9:30am							
10:00am	Aqua Ampd *1	Open	*2	H2O Tone *1	Aqua Bata *1		
10:30am		Child Dvlpmnt*0	Child Dvlpmnt *0				
11:00am							
11:30am							Open Swim *2
12:00pm	Open Swim *2	Open Swim *2	Open Swim *2	Open Swim *2	Open Swim *2	Open Swim *2	
12:30pm							
1:00pm							
1:30pm							
2:00pm							
2:30pm							
3:00pm	HS Swim Team *0	HS Swim Team *0	HS Swim Team *0	HS Swim Team *0	HS Swim Team *0		HS Swim Team
3:30pm							Water Aerobics
4:00pm							Swim Team
4:30pm							Child Development
5:00pm	Wet n Wild *2		Wet n Wild *2				Swim Lessons
5:30pm							Adult Swim
6:00pm	Swim Team *0	Swim Team *0	Swim Team *0	Swim Team *0			Open Swim
6:30pm							Summer Camp
7:00pm							
7:30pm	(7:45)	(7:45)	(7:45)	(7:45)	(7:45)		
8:00pm							
	Number after * is how many lap lanes are open	Schedule is subject to change		Lifeguard on duty is in charge	Child Development will start lessons October 15	Womens locker room closed during Child Development 10:15- 11:15am	

Ligonier Valley High School Swim Schedule

Home meets the pool will close at 3 and reopen by 6:30 for the remainder of the evening

Away meets the pool will be “open swim” time throughout the high school swim team time listed on the schedule (3:15-5:00pm)

December 4 th	Home @ Ligonier YMCA	4:30 PM
December 9 th	Away @ Kiski Area High School	4:30 PM
December 11 th	Home @ Ligonier YMCA	4:30 PM
December 18 th	Home @ Ligonier YMCA	4:30 PM
January 2 nd	Away @ Ringgold High School	6:00 PM
January 8 th	Away @ Saint Francis University	6:00 PM
January 13 th	Away @ Valley	4:30 PM
January 15 th	Home @ Ligonier YMCA	4:30 PM
January 21 st	Away @ Derry Area High School	4:30 PM
January 25 th	Away @ WCCA	TBD
January 29 th	Home @ Ligonier YMCA	4:30 PM
February 3 rd	Away @ Uniontown High School	6:00 PM
February 6 th	Away @ Mount Pleasant Area	6:00 PM
February 8 th	Away @ Indiana University of PA	TBD
February 21 st	Away @ WPIAL	TBD
February 22 nd	Away @ WPIAL	TBD